

Fresh Foods Nutrition: Benefits of Fruits & Vegetables

Healthy Foods

Include fruits and vegetables, whole grains, lean protein, low-fat dairy, and minimally processed items such as frozen or canned foods. **Fresh foods are more nutritious and better for our health** than processed foods because they still contain all the nutrients and no added ingredients.

Why eat healthy?

A nutritious diet helps us **grow strong, perform better in school and in sports**, and maintain good **physical and mental health**.

How to eat healthy?

1



- Fill half your plate with fruits and vegetables.
- Choose whole grains such as brown rice or whole wheat pasta.
- Choose proteins such as beans, fish and poultry. These foods provide building material for growth and strength.
- Choose low fat dairy products as much as possible.

2



- Green foods provide vitamin K, C, iron and calcium.
- Orange and yellow foods provide vitamin A, which helps keep our vision and our heart healthy.
- Red and white foods help protect us against cancer and infections.
- Purple and blue foods protect against heart disease, help brain function, and may slow aging.

3



- Growing food increases positive attitudes towards fruits and veggies, improves knowledge of nutrition, and increases access to food in areas where fresh foods may be hard to obtain.
- Locally grown foods are usually fresher, more flavorful, cost less, result in less food waste and help increase the sustainability of the food system.

Fresh Foods Cooking: Chunky Salsa Recipe

So many options!

Salsa is a great way to use fresh ingredients and add flavor to your favorite dishes. The following is a basic recipe for a traditional tomato salsa. However, feel free to customize it and explore with different flavors and textures!

Ingredients

- 2 cups of tomatoes
- 2 cloves garlic, roughly chopped
- 1/2 cup diced onion
- 1 jalapeño, seeded and roughly chopped
- 1/2 bunch cilantro washed, about 1 cup
- 1 lime, juiced
- 1/2 teaspoon salt or more to taste
- 1/2 teaspoon pepper
- 1 1/2 teaspoons sugar
- 1/4 teaspoon cumin



Directions

- Chop and combine all the ingredients in a bowl.
**If you want a smoother texture, pulse half the salsa in a food processor, then combine it with the remaining chunky half.
- Cover and refrigerate for up to 5 days.
**NOTE: Perishable foods should never stay out of the fridge for > 2 hours.

